

# MPY TRI-LINE NEWS

Volume 26, Issue 3

Marion, Polk, Yamhill

Fall/Winter 2019



**Back to School!** Watch out for the school zones. Fines are available for those that speed. Watch for excited children and those high school youths that don't always look for cars. Football games started before school and that is hard for me to get used to. I realize their practice starts but not ready for the games to start. As grandparents, our list says lots of football. This year most of our games are at home. We have a senior and a freshman so that means lots of games.

I hope that you had a relaxing Labor Day Weekend. I, again this year, spent the weekend at the beach with family. We had a great time and the weather was perfect.

A few days after our Labor Day Weekend we welcomed our 2<sup>nd</sup> great granddaughter. It is so much fun seeing how fast they learn. It seems our children did not learn or do things as quickly, could that have something to do with my age and how time passes so quick?

I'm also making plans for the State Conference in Clackamas. By the time you get this newsletter the early deadline for registration will be past, but you can still register. After September 23 the registration is \$135.00, which includes the cost of meals and the conference costs. The tours are to Bob's Red Mill and End of the Oregon Trail Museum. Both of these are self-guided. A workshop is scheduled from 2 pm to 3:15 pm on "Travel Tips and Trips". From 3:45 pm to 5:15 pm there is a workshop "Changing your Cultural DNA" and these are open to everyone. The registration form was in the Oregon FCE News and you can find the form on the website [www.Oregon-FCE.org](http://www.Oregon-FCE.org). I hope that several of you will go to our State Conference at the Monarch Hotel in Clackamas. Tuesday workshops are listed inside this newsletter.

During the conference it is a time to learn, visit with old and new friends and we can see the sites around Clackamas. Of course, there are door prizes, sales room with lots of good buys and the raffle items too. Oh, and did I mention games. There is a game night after dinner on Monday and of course my roommates and I open our room for games every night. Come and have fun.

We will have special guests at our State Conference, the National FCE President, Ardyce Snyder, will be here to meet and greet all of us. Also Ruth Haitzuka, Hawaii State President will be joining us. You don't want to miss meeting these two ladies.

October 18, at 9:30 Marion, Polk and Yamhill Counties will be having their planning meeting in Dallas to decide on the lessons to be taught in 2020. All Study Group Members are welcome to come and have a say in what lessons will be taught.

And a reminder if you have changed your address, know of someone who would like to receive this newsletter or someone who received this newsletter and now is deceased please let us know so we can make the needed changes. Send the changes to **Susan Whitaker, 9875 Parker Rd., Monmouth, OR 97361-9762.**

Sincerely,



Lynda Nyseth, Editor

## Did You Know?

The main function of the little toe on your foot is to make sure that all the furniture in the house is in place.





## Millersburg Park 2019

Thank you to Vicki Graves for making the arrangements for the Linn County annual picnic at Millersburg Park, August 14. There were 17 counting our guest. It is a very nice park, lots of room, a great covered area with tables for cooking, eating, visiting and games.

We made several plans for when we host the Oregon FCE State Conference in 2020. Also got in some game playing before lunch.



elections are held in other parts of the world. So different from in the USA.

Ella Lang had to miss the meeting but a few days after the meeting she turned 102. Looking at the picture she does not look 102. Congratulations Ella. She still attends all of the meetings that she can get too. Way to go!!!



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## Remembering Past FCE Members

**Hazel Dyche** was a member of the Amity FCE Study Group. Hazel held several offices in FCE and was always ready to help anyway she could. She attended several State Conferences and when she was unable to attend, she helped pay the way for others to attend. We helped with the Books for Babies project and she would cut out bibs and I would sew them. Anne Engen recalls when they served on County Council together, Hazel brought prunes to a potluck, there were no desserts but Hazel tried to convince them that prunes were dessert.

She made a mission trip to Kenya with her Church. She knitted with the elder ladies in the area where they were. The ladies there were glad to see the older lady who came to knit with them. Because she was so happy to go on the mission trip and help others go when she did not, Amity FCE donated \$25.00 to the Church in her memory to help someone else attend on their next mission trip.

We will miss Hazel.

Submitted by Lynda Nyseth

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## District III Meeting Spring Fling

Our annual meeting was hosted by Lane County, Lost Creek Study Group, May 8<sup>th</sup>. They served a delicious lunch of lasagna, salads and cake. The meeting was at the Jasper Grange Hall.

Jill Van Buren was the guest speaker. She travels all over the world observing elections. She presented a very informative program on how

# Study Group Happenings



Oak Meadows Study Unit in Marion County celebrated the upcoming summer break with a potluck in our May meeting.

During our business meeting we decided how to distribute the generous donations of the members. Part of our treasury went to Marion-Polk Food Share for the Meals-on-Wheels program which has volunteers who deliver meals to housebound people and check on their wellbeing.

The second part of our donation was to the Marion County FCE Committee in honor of Alma Wells who passed away in March. She had been an active member of county committee and served as Treasurer for a few years. Alma joined our group when her group in south Salem disbanded. It was a real pleasure to have her at our meetings and we especially enjoyed being invited to meet at her home as she was such a gracious hostess.

Submitted by Linda Schollian

*I asked Linda how they raise their money and this was her reply:*

*We do not have a magic way to generate funds. For many years we had a traveling basket which cost first fifty cents and then a dollar. We didn't have a big treasury from that. Some of the members thought it was time to retire the basket and just donate as much or little as we wanted to save for a charity. Each meeting we just pass a dish and our generous members have given enough to donate substantial amounts to one or more charities in May and December.*

## *Donations from*

Julie Altman	Sheridan FCE
Karlene Arnett	Anita Stryker
Creative Homemakers	Alice Wicks
Claudine Eden	Yamhill/Polk Co. C

Thank you for supporting the **MPY Tri-Line News**. Our next deadline is **November 1, 2019**.

Lynda Nyseth, Editor MPY Tri-Line News  
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**Make check payable to MPY Tri-Line News.**

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Late night game at State FCE Conference

## Classes to be offered at State Conference

### **“Mindfulness & Stress Relief through Art”**

Is your Mind full, or are you Mindful? This workshop is designed to help you understand the practice of mindfulness, what it is and isn't; help you learn a few beginning mindfulness exercises; and discuss how you can incorporate being mindful into your everyday life. We will also discuss the benefits of using art to relieve stress.

Presented by Bonnie Teeple and Barbara Voltin.

### **“Natural Home Remedies”**

Remember when Grandma gave you a concoction to get rid of your cough? Or the natural, simple remedies that Mom gave you for your headache or stomach ache: Those were the days! Our class on “Home Remedies” will share with you natural ways to relieve aches and pains, using teas, salves, essential oils, and other old-time formulas. We will also share beauty tips for your skin and hair, using only natural ingredients, and natural household cleaning formulas.

Presented by Sandie Bolyard – VP for Public Policy and Cynthia Gibson-District 5 Director.

### **“The Night Janitor – The Brain at Night”**

Sleep may be more essential than food. As you cycle 4 or 5 times through several stages of sleep, for awhile you're almost paralyzed, you can't even shiver. Your brain isn't less active when you sleep – that's when your busy night janitor takes over cleaning, repairing and storing memories. Learn why the saying “Sleep on It” is so true.

Written & presented by Sally Wyffels, retired High School teacher and former District 3 Director. Anne Engen current District 3 Director. Both are members of the Creative Homemakers FCE group in McMinnville celebrating 46 years together.

### **“Writing Personal Histories”**

Have you ever had the opportunity to read some interesting history about one of your deceased family members...especially if they were the one that wrote it? And, then suddenly you feel as if you know them a little better. Take this opportunity to learn how to leave some of the memories of your

life to your children, grandchildren and your posterity. Find out the simple and easy way to write those personal memories using the “Remembering” method.

Written and presented by Scott Teeple and Patti Malanaphy.

### **“Things to Know when I'm Gone”**

End of life planning is something we tend to put off, sometimes until it is too late and others are left to take care of your estate. This class will help you organize and record your final wishes in a simple and effective manner.

Presented by Kay Gooding and Bonnie Teeple.

### **“Medical Cannabis; Benefits and Ill Effects”**

Cannabis has been used for thousands of years for its medical properties such as Glaucoma, stops growth of cancer cells, stops seizures for people with epilepsy and M.S., pain relief, anxiety etc. Come and learn the different types and safe uses and warnings, get literature and knowledge to help you work with your Doctor.

Written and Presented by Sandie Bolyard, V.P for Public Policy and Barbara Voltin V.P. for Programs

## **Ireland**

### **Green, Clean, Moist and Windy**

Welcome to a little bit of Ireland. You'll enjoy some Irish music, places to visit, recipes, look at Celtic crosses, be heart broken by the heroic struggles of these hardy Irish and hear how this island got cut in half. Look at photos of interesting Irish signs. We'll welcome visitors who will come out of the mists of ancient Irish history to share their stories with you.

Written and presented by Cynthia Gibson, District 5 Director who lives in Prospect which is near Crater Lake. Anne Engen, District 3 Director who lives between hazelnut orchards and vineyards in McMinnville.

**Come to the State Conference in Clackamas, October 7-9**, take a couple of these classes. Take a tour, learn more about FCE, play some games, eat some good food (be pampered by being served) and enjoy the shopping in the salesroom and perhaps come home with a door prize.



## America's First Daughter

By Stephanie Dray and Laura Kamoie

Patsy Jefferson is Thomas Jefferson's oldest daughter and finds herself as her father's helpmate, protector and constant companion in the wake of her mother's death. As a young girl she is with her father in Paris at the beginning of the French Revolution.

The authors studied many of Patsy's letters and write a compelling novel, detailing Patsy's life, marriage, and family. When Jefferson becomes president, Patsy must fill the role of first lady. Patsy struggles with the issue of slavery and Jefferson's relationship with Sally Hemming's who was his dead wife's half-sister.

The story follows her life as a devoted daughter with scandal, tragedy and poverty threaten her family and how she helped to define Jefferson's political legacy.

This is a great read for history buffs and anyone who would like a peek at the early days of our nation and a powerful look at treatment of women before their legal rights.

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## The No. 1 Ladies Detective Agency

By Alexander McCall Smith

The No. 1 Ladies Detective Agency is the first book of a series about Precious Ramotswe who lives in Botswana. After a disastrous marriage she begins a Ladies Detective Agency.

She opens an office adjoining J. L. B. Matekoni's garage where he and two apprentices repair cars. She hires Mma Makutsi who is very proud of her 87% grade from the secretarial school.

She solves indiscretions' and crimes with ingenuity and common sense.

The book provides a look at the life and culture of Botswana.

Book reviews submitted by Velma Bottenberg, Amity FCE

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## RECESS

Driving west on Second Street, in McMinnville, past Newby Grade School. I often see the exuberance of children's recess and wonder what activities have changed during the seventy years since my youth.

I know there are now playground monitors and climbing walls and that teeter totters have been condemned as too dangerous.

Do the girls realize how nice it is to be able to wear jeans when they hang from the monkey bars??

A rubber heel from a discarded shoe was the perfect taw for hop scotch—what do they use now?

Do they chant the same rhymes when they jump rope? – ice cream soda, Delaware Punch—Tell me the initials of your honey bunch? ABCDE—”

Do they know that a golf ball bounces better than the ball that comes with Jacks?

I haven't noticed poles for tether balls – have Frisbees replaced the game?

It looks like the kids are having fun. I'm sure that to them—like to us—it will seem that recess went by too fast.

Submitted by Nancy Thornton, MPY reader

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## From the Desk of the District III Director

Do you remember the delight of planning a big surprise party for a family member? You asked a sister, cousin or auntie to help with decorations, games and prizes. The variety of ideas doubled, then tripled and laughter bubbled over. This party planning was fun.

Well, this is what District III will be doing for the next year – planning a big 2020 State FCE Conference for our Oregon FCE family.

**Our theme is "Cheers for FCE".**

At this year's conference in Clackamas, Lynda Nyseth, Ann Conklin and Sally Wyffels will lead the cheering for FCE as we invite everyone to our 2020 conference in Springfield at the Hilton Garden Inn.

(Continued on page 6)

(Continued from page 5)

Date is October 5 - 7, 2020. **WE NEED MORE POM POMS & SHAKERS!**

At the Millersburg picnic we started our planning and here is what is known. Sally Wyffels volunteered to be our conference treasurer.

**For our raffle I'm collecting pledges of nice artwork,** woodworking, pottery, calligraphy sayings or metal work, most will be created in the next year. Pledged so far are stain glass and two quilted wall hangings.

We need people to oversee this raffle at the 2020 conference. Money raised stays in our District fund.

Nadine Reed and Rene Metteer will be overseeing the Sales Room. **We need at least 3 or more to help.** Remember you're first to get to unwrap and see what has been donated. The money raised goes to help run our much loved organization.

We will need members to ask local businesses if they would donate note pads, pens or other **freebees to be added to the attendees decorated bags.** Any amount will help. If a business or group are interested in donating money, let me know and I'll email you a short letter about FCE's history and how we impact families.

If you're a crafty creative person, volunteer to help make table decorations. A centerpiece, maybe a small cup with treats at each place for 8 tables and a head table. Choose something low cost. Linn and Marion County host Monday night's dinner; Lane County hosts Tuesday's lunch. Polk and Yamhill County host Tuesday's dinner.

Talk about this at your study group meetings. Let me know.

Anne Engen 503-472-7146 or [anne.n.engen@gmail.com](mailto:anne.n.engen@gmail.com)

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**10 Fantastic Words**  
**(Idress Asghar Houston Texas USA)**

The most SELFISH  
One letter word  
**I**  
Avoid it

The most SATISFYING  
Two letter word  
**WE**  
Use it

The most POISONOUS  
Three letter word  
**EGO**  
Overcome it

The most USED  
Four letter word  
**LOVE**  
Value it

The most PLEASING  
Five letter word  
**SMILE**  
Keep it

The FASTEST SPREADING  
Six letter word  
**RUMOURS**  
Ignore it

The HARDEST WORKING  
Seven letter word  
**SUCCESS**  
Achieve it

The most ENVIABLE  
Eight letter word  
**JEALOUSY**  
Distance it

The most POWERFUL  
Nine letter word  
**KNOWLEDGE**  
Acquire it

AND

The most VALUED  
Ten letter word  
**FRIENDSHIP**  
Maintain it

Submitted by Donna Michaelson, Ambitious Annies FCE



## Haystack Rock once drew daredevil climbers

*Parts taken from article in the News Register, McMinnville, OR Newspaper*

*Written by Finn J.D. John, an instructor at OSU, writes about unusual and little-known aspects of Oregon history*

One could think of late June and early July of 1968 in Cannon Beach as the Summer of the Dead Baby Birds.

On June 28, at the height of the nesting season, a 23-year-old man from Portland had scrambled up the side of Haystack Rock, the iconic intertidal sometimes-island that towers nearly 200 feet over the beach and sea by Cannon Beach and gotten stuck at the top.

It was not common for people to climb Haystack Rock but it was not unheard of either. It was a difficult and dangerous climb, especially on the descent. Two kinds of climbers attempted it: Highly skilled mountaineers, who were up to its challenges; and rank amateurs, who were too ignorant and inexperienced to recognize how much more difficult it was going to be to get down than it would be to go up.

The process of rescuing a stranded climber from the top of Haystack Rock was by helicopter and was hard on the local wildlife.

In 1953 a trio of Portland climbers were the first to tackle it that season, apparently successfully.

Then two other young men, took the rock on with considerably less success. They got to the top, but on the descent found themselves stuck at the seaward end of the big rock and it was high tide. They would be stuck until the morning. One jumped into the sea, intending to swim ashore through the breakers. He ended up stranded on one of The Needles, just south of the rock. He was rescued by a squad of three Navy “frogmen”. All of them were badly bruised and cut by being dashed against the rocks.

The other man spent a miserable night on the rock and waited for the next morning’s low tide. He was spotted and rescued by helicopter.

It was nesting season and the propellers caused a hurricane and blew hundreds of hatchling cormorants, tufted puffins, gulls and other seabirds

raining down out of their nest. More than 100 dead baby birds washed ashore the next day.

The previous year Haystack Rock had been designated a bird sanctuary. October 1968, Oregon State University professor of pyrotechnics Ralph Reed was asked to blast away the ledge from which climbers started their attempts. It took two tries and the rock has been almost entirely unmolested since.

Today, it’s part of the Oregon Islands Wildlife Sanctuary – as are all the rocks and islands off the Oregon Coast, except for Tillamook Rock, site of the Tillamook Rock Lighthouse – and it’s illegal to set foot on them, or even to fly a drone within 2,000 feet of them.

*(Sources: Facebook page of Cannon Beach History Center and Museum, facebook.com/cannonbeachmuseum; “Blasting of Haystack Rock Brings Men Chilly Interval”, an article by Emma Edwards published in the Oct. 10, 1968, issue of the Seaside Signal; archives of Portland Oregonian, June-Oct. 1968)*

*Finn J.D. John’s book, “Heroes and Rascals of Old Oregon”, was recently published by Ouragan House Publishers.*

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## Why Your Teeth Hurt In Cold Weather

As the temperatures drop, are your teeth feeling the chill? Cold air and blasts of icy wind can sting your face and zap your teeth. Find out what’s behind this painful phenomenon and what you can do to protect your mouth.

### What causes cold sensitivity?

**Contraction and expansion:** Did you know that your front teeth can change as much as 120 degrees in temperature? Exposure to cold air – and hot foods – can be rough on teeth. Just like other materials, your teeth expand and contract as they change in temperature. As the inside and outside of your teeth adjust, little cracks can emerge. These cracks usually don’t affect tooth structure, but they can be uncomfortable. And if you have amalgam fillings, the discomfort may be worse. Metal expands and contracts more quickly than natural teeth do.

**AARP Dental Insurance Plan administered by Delta Dental Insurance Company** (email@email-aarpdentalplan.com)